

Most new dentures require time before they are comfortable during daily use. Maintaining proper placement in your mouth is the key to success. It is normal to feel awkward at first. Your appearance has undergone a slight change, speech may seem altered, and your mouth feels full.

If you had teeth removed immediately prior to denture placement, it may feel loose. This is mainly due to gum shrinkage that occurs as the gums heal.

Soreness from uneven pressure on the gums may develop. This is not unusual, especially if you have not worn dentures before. Adjustments can be made if you wear them at least 1 day prior to your appointment. This will allow precise detection of areas needing adjustment.

## **EATING**

Start with soft foods and liquids. Take small bites and chew slowly. Keep the food distributed evenly on both sides while chewing on your back teeth. To bite foods that normally require the front teeth, such as apples or corn on the cob, apply pressure backward against the front teeth when closing. If the denture begin to dislodge, biting with the side teeth may be easier. As chewing becomes easier you, may return to your normal eating habit. It is recommended that you avoid chewing gum and other sticky or chewy foods.

## **SPEAKING**

Learning to speak with your new dentures requires some patience and perseverance. Reading aloud is a good way to help enunciate distinctly, especially those sounds or words that are not clear. Try to avoid lip and tongue movements that displace the dentures and cause them to click. Continued practice and repetition is key in learning to enunciate and speak with confidence.

## **HYGIENE**

It is extremely important to clean your dentures with a soft denture brush, and a denture cleaner after each meal. Food particles trapped between your dentures can cause inflammation of the gums and sore spots. Remove your dentures at night, this allows your gum tissue to remain healthy. The dentures should be cleaned and placed in a container of clean water to prevent drying. At least once per week they should be placed in a cleaning solution to remove stains and plaque buildup. It is beneficial to brush the roof of your mouth and tongue daily. Massaging and stimulating these areas will reduce the instances of inflammation and sore spots.

If your dentures were placed over new extraction sites (immediate dentures), you may wear the dentures at night for the first 3 days. Follow the instructions for extractions provided. This will help to promote clotting and irritation. Be sure to have your dentures checked annually for changes that occur such as bone loss.